

# THE SABBATH

## EXODUS 20:8

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### INTRODUCTION: *Exodus 20:8-11*

*"Remember the Sabbath day, to keep it holy. Six days shalt thou labour, and do all thy work: But the Sabbath of the Lord thy God: in it thou shalt not do any work, thou, nor thy son, nor thy daughter, thy manservant, nor thy maidservant, nor thy cattle, nor thy stranger that is within thy gates: For in six days the Lord made heaven and earth, the sea, and all that in them is, and rested the seventh day: wherefore the Lord blessed the Sabbath day, and hallowed it."*

Great blessing are enfolded in the observance of the Sabbath, and God desires that the Sabbath day shall be to us a day of joy.

*Testimonies, Vol. 6, p. 349*

#### 1. Preparation {Friday}

**Note:** Preparation for the Sabbath is to be made all through the week (6T 353, 354) but special preparation should be made on *Friday*.

- a. Put away differences—6T 356
- b. Employers should let workers off at noon (if possible)—6T 356
- c. Baths should be taken—6T 355
- d. Shoes, clothes, and house cleaned and made ready—6T 355, 356, GC 528
- e. Cooking should be done—6T 355
- f. Secular work laid aside—6T 355
- g. Mind and body withdrawn from worldly pursuits—6T 356
- h. Sundown Worship-Family should get together to read, sing and pray—6T 356, 357.

#### 2. Diet

- a. Should be avoided. MH 307, 6T 355 (warming food already cooked is permitted—6T 357)
- b. Meals should be simple, but palatable and attractive—do not eat the same foods as during the week—6T 357
- c. Eat less food (MH 307) and avoid overeating—6T 357—Same amount of food should not be eaten—CH 577
- d. Sanitation workers may be fed—7T 122, 123

#### 3. Dress

- a. Should not wear common clothing – should have a special suit—6T 355,
- b. Clothes should be neat, and comely and well —fitted—6T 355, 2 SM 474 – 475; 5T 499
- c. Clothes should not be soiled, dusty—2 SM 474 -5
- d. Should not conform to worldly fashions—6T 355

- e. Poor believers should be helped to in obtaining proper clothing—  
2 *SM* 474-475

4. **Things That CAN or Should Be Done**

- a. Acquaint yourself with God, His works, and one another—*Ed* 251
- b. To improve your spiritual condition—*4T* 249
- c. Acts of mercy and holy deeds—*DA* 207, *PP* 307, *6T* 360, *7T* 106
- d. Comfort the sorrowing—*ML (My Life Today)* 231
- e. To rest from labor—*4T* 249
- f. Meditation and Worship God—*4T* 247, *DA* 207
- g. Nature study—*ML* 140
- h. Children should spend time outside—*2T* 583
- i. Avoid unnecessary traveling—*MM* 50, 214; *6T* 359-360

5. **Things We should NOT Do**

- a. Conduct or discuss secular business—*EV* 245, *6T* 360, *PP* 307, *2T* 583
- b. Children should not play on the Sabbath—*CG (Child Guidance)* 533- 534, *6T* 358
- c. Do not let children think that they should not be happy (on Sabbath)—*CG* 533- 534
- d. Children should not attend school— *2T* 181-183
- e. Hurrying, jostling, and impatience—*6T* 357
- f. Inappropriate conversation—*2T* 702 - 703
- g. Unnecessary lawful work—Anything that can be done on another day is sin to do on God's holy day—*3 SG* 293; *2T* 122, 702-3; *PP* 296, 307; *1T* 150; *7T* 122
- h. Too much sleeping—*2T* 704
- i. Build houses of worship—*PP* 314; *1BC* 1108-9

6. **Sabbath Services**

As you enter the House of Worship:

- a. Ask God to remove all evil from your heart—*3T* 362
- b. Kneel privately in prayer—*3T* 362
- c. Kneel for invocation—*5T* 492-493
- d. No common, talking, whispering, or laughing permitted, either before or after the service—*5T* 492
- e. Avoid greeting or visiting during services—*5T* 494
- f. Always be reverent—*5T* 491-492
- g. Should *not* sleep for one instant—*5T* 593
- h. Should *not* sell magazines or periodicals—*1T* 471-473; *8T* 250
- i. Collect tithes and other monies: 1 Cor. 16:1; *AH* 389; *CS* 80

7. **Medical Work**

- a. Sick and suffering should be cared for—*DA* 207; *3 SG* 254
- b. Doctors can work when necessary—*CH* 368
- c. Surgical procedures that can wait should be deferred—*MM* 214; *7T* 106
- d. Doctors (or nurses) should plan their work so as to keep the

Sabbath—*MM* 214

- e. Should not do unnecessary work on the Sabbath—*MM* 214; *7T* 106.
- f. Should not regularly write or labor on Sabbath—*CH* 368; *4T* 539

8. **Missionary-Religious Work**

We must not crowd into the Sabbath, work that can be done on another day. (3 *SG* 254) Although missionary or religious work is spiritual in nature, we must remember the general rule:)

***Anything that can be done on another day, should not be done on the Sabbath.***

(See *2T* 702, 703) the same principles would apply to the missionary work as with the medical. Both are lawful, but should be performed on the Sabbath only when necessary. So while it is well to do good on the Sabbath, yet there are some kinds of endeavors, when done even in the interest of the Lord's work, are not permissible. It is turning God's day into a day of work and commerce, not hallowing it as a day of rest and devotion.

Such as:

- a. Taking orders or promoting periodicals (*1T* 471-473)—it's even worse when done in the house of God.
- b. Building plans, projects, or other types of business even for the church or House of God. God did not allow Israel to build His tabernacle or sanctuary on the Sabbath. (Ex. 31:14; *PP* 313, 314). Therefore it is wrong for us to do:
- c. Harvest ingathering.
- d. Load himself with distributing papers or such on the Sabbath merely because it is convenient.
- e. Writing spiritual or helpful letters—*4T* 539

**Conclusion:** *"In keeping the Sabbath, which God declares shall be kept holy, they give the sign of their order, showing plainly that they are on the Lord's side."*  
***Testimonies, Vol. 7, p. 106.***

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